

High Lead Levels (AK 22 -USDA 211)

Explain to Participant

You're enrolled in the WIC program today because you or your child's blood lead level is higher than the recommended range. Children who get enough calcium and iron in their diets usually do not have high lead blood levels.

Goal

The goal is to try to decrease your or your child's blood lead level. You will need a referral to a lead treatment program

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.

Explain the nutrition education materials suggested.

Do not use imported and decorated dishes or homemade pottery that may contain lead.

Remember these items contain lead: stained glass, fishing weights, radiators, car batteries and some dirt and paint.

Do not expose your baby to scrape, sanded, burnt, or swept paint chips.

Wash your child's hands after s/he has been playing on the floor.

Eat a variety of foods from all the food groups every day.

Drink 8 glasses of water every day.

Nutrition Education Material Suggested:

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Using the Dietary Guidelines For Americans...for good health